

**Amendments to the Claims:**

This listing of claims will replace all prior versions, and listings, of claims in the application:

Claim 1. (currently amended) A method for reducing the number and severity of acne lesions on the skin of a mammal, said method comprising the step of daily administration of administering a sensory regimen for at least two weeks, said sensory regimen comprising:

\_\_\_\_\_ subjecting said mammal to a combination of an olfactory stimuli and an auditory stimuli for a first period of about ten minutes, at about thirty minutes after morning waking of said mammal;

\_\_\_\_\_ subjecting said mammal to a combination of an olfactory stimuli and an auditory stimuli for a second period of about ten minutes, at about four hours after morning waking of said mammal;

\_\_\_\_\_ subjecting said mammal to a combination of an olfactory stimuli and an auditory stimuli for a third period of about ten minutes, at about eight hours after morning waking of said mammal; and

\_\_\_\_\_ subjecting said mammal to a combination of an olfactory stimuli and an auditory stimuli for a fourth period of about fifteen minutes, at about twelve hours after morning waking of said mammal;

~~in an amount effective to downregulate the activity of the HPA axis of said mammal; wherein said sensory regimen comprises at least two stimuli selected from the group consisting of auditory stimuli, visual stimuli, tactile stimuli, gustatory stimuli and olfactory stimuli, and is effective to downregulate the activity of the HPA axis and wherein said activity of the HPA axis is downregulated by at least one of the following methods: (1) reducing the amount of total daily adrenocortical hormone; (2) reducing adrenocortical hormone at any time point in the period from about 4 to about 8 hours following morning waking; (3) reducing the total daily adrenocortical hormone minus the integrative measure of morning peak adrenocortical hormone;~~ wherein said regimen is free of the administration of an anti-acne composition and is effective to downregulate the activity of HPA axis of said mammal.

Claims 2-9. (canceled)

Claim 10. (currently amended) A method according to claim ~~9~~1, wherein the sensory regimen includes visual stimuli comprising soft lighting.

Claim 11. (currently amended) A method according to claim ~~1~~ 10, wherein ~~the sensory regimen includes~~ said auditory stimuli ~~comprising~~ comprises music.

Claim 12. (currently amended) A method according to claim 1, wherein ~~the sensory regimen is administered daily for at least one week and comprises~~ said olfactory stimuli comprising soaking in a bath fragranced with a relaxing fragrance ~~in combination with auditory stimuli comprising listening to relaxing music.~~

Claim 13. (currently canceled).

Claim 14. (original) A method according to claim 1, wherein the reduced activity of the HPA axis results in a reduction in adrenocortical hormone levels of said mammal.

Claim 15. (original) A method of improving the quality of life of an individual by use of the method of claim 1.

Claims 16-53 canceled.